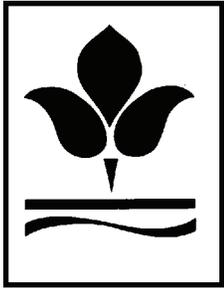


◆ The Center Post ◆

Volume 16 Issue 12

DECEMBER 2007

*Certified Senior Center of
Excellence by the North
Carolina Division of Aging
and Adult Services*



*Enrichment Center
Hours of Operation:
Monday & Wednesday
8 am—8 pm,
Tuesday & Thursday
8:00 am—10 pm and
Friday 8 am—5 pm.
919-776-0501*

*Look inside for
information on:*

*Candy Cane Fitness
Challenge—Helping
Fund Benefit*

*AARP Tax Aide
Welcomes Volunteers*

*Our Helping Fund
Needs Your
Continuing Support*

*Medicare Part D
Help Is Here!*

Grancare Christmas



You Are Invited To Our Christmas Open House

Tuesday, December 18, 2007

1:00 pm—3:00 pm

Refreshments Will Be Served

*During the Holiday Season more than ever,
our thoughts turn gratefully to those who have made
our progress possible in 2007:*

*Our Volunteers, Board Members, Participants,
Partners in the Community, Aging Network
and Financial Contributors.*

*Thank you for your generosity. All of us at
The Enrichment Center wish you hope, happiness
and peace this holiday season.*

*We look forward to seeing you
at Christmas Open House!*



*The mission of Lee County Senior Services is to provide a comprehensive assessment
of the needs and opportunities associated with older adults and to fashion an
achievable vision of successful aging in Lee County.*

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Join us for Lunch!

A nutritious lunch is available Monday through Friday at 12:00 Noon for Lee County residents 60 and better. Menu selections include: Pork Chop, Spaghetti, Baked Fish, vegetables, fresh fruit, bread, desserts and beverage. Call 776-0501, ext. 201 for information and to register. The following 11:00 a.m. Diners Club Programs for December are open to the general public:

- 3rd—Advanced Hearing Screenings
- 5th—Piano with Frances Phillips
- 7th—Spirit of Grace
- 12th—High Hopes Chorus
- 14th—Miller-Boles Christmas
- 18th—Ingram Elementary School
- 19th—Jonesboro Heights Faith Singers
- 21st—Decorate Your Table & Christmas Party
- 27th—Bob Lewandowski
- 28th—Games!



**Candy Cane
Fitness Challenge**

December 1—31, 2007. Help yourself while helping others! You will benefit through physical exercise and the gift of giving. All proceeds benefit The Enrichment Center, Inc. Helping Fund, a fund used to assist older adults in a crisis situation. Please register at the front reception desk.

Yada—Yada Sisters, Tuesday, December 4, 6 pm. We will meet at the Center for heavy hors d' oeuvres and play cards. *Our sisterhood is a network with other females in an exciting and stimulating group.* Call 776-0501, ext. 201 to register.

Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$6 per person. Bands for December: 1st—NO DANCE, 8th—Southern Exposure, 15th—Modern Knights, 22nd—Bill Pollard Back Porch Country, 29th—NO DANCE.

A Novel Approach Book Club—Facilitator **Ellen Viggiano** invites you! The group will meet Tuesday, December 11, 12:00 noon, at The Enrichment Center, and discuss The Color of Water by James McBride. Registration is not necessary and the group is open to the general public.

Maintain Your Brain with Games

Mexican Train Dominos, Thursdays, 6:30 pm with Instructors Hattie and Russell Dietzel.

Card Game Canasta, Fridays, 1:00 pm with Instructor Carolyn Arnold.

Shoot, Aim and Click—Digital Photography Tuesday, December 4, 2 pm with Instructor **Mark Coggins**. Find the joy of taking pictures of any and everything around you. Learn about: equipment, accessories, techniques, features of digital cameras and much more! Call 776-0501, ext. 201 to register.

Masculine Meals in Minutes, Men's Cooking Class, Thursday, December 6, 10:00 am. This **FREE** cooking class with Carole, made possible by **Health Promotion Grant** funds, is exclusively for men. Each month Carole will show you how to prepare a new dish. Registration is required, call 776-0501, ext. 201. Space is limited!

Veteran's Remembrance Group, Wednesday, December 12, 2:00 pm, with special guest **Mr. Hubert Edwards**. **Mr. Edwards will speak about his experiences during the North African and Europe campaign.**

Living with Vision Loss Support Group—Wednesday, December 12, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones.

Nifty Noggins are fashionable head coverings for cancer patients. Come by **The Enrichment Center** and choose one or two of the **trendy and seasonal head coverings which are made from the latest fabrics and colors**. Anyone in need of head coverings can call **Carole** at The Center, 776-0501, ext. 205. We look forward to seeing all volunteers as well as anyone new who is interested in joining this fun and fulfilling group! **Please join us, Thursday, December 13, 10:00 am!**



Christmas Dance Sponsored by The SanLee Senior Citizens Dance Group, Thursday, December 20. Bring your specialty to our covered dish supper at 6 pm. We will dance at 7 pm with tunes from the **Bill Pollard Band**. Admission is \$5.00—dress your holiday best! See you then—Merry Christmas!

Our Helping Fund Needs Your Continuing Support

The Enrichment Center's Helping Fund was established in 1993 for the sole purpose of providing limited financial assistance to the needy older adults of Lee County. Typically these people fight a daily battle for survival when their basic needs cannot be met due to their lack of funds. We at the Enrichment Center are very proud of the growth of this program over the past fourteen years. Our budget in 1993 was just under \$1800. This year our budget is \$42,000. This dramatic growth is primarily due to the generosity of our local residents, churches and businesses.

The strengths of the Helping Fund are: no complicated forms to fill out, no "red tape", no committees, the recipient treated with dignity and respect, your financial gift is tax deductible, 100% of all contributions go to the needy older adults of Lee County.

Comments from Helping Fund recipients, "I just don't know what I would have done without your help, my husband is sick and I needed wood for us to stay warm..." "I have been heating my house with my oven until now 'cause I couldn't afford to have any fuel delivered."

The continued growth of this program depends totally on contributions received. There is no limit to what can be accomplished, but we need your financial support !! Please consider a gift to this program.

On behalf of the Enrichment Center, Inc. Board of Directors, I thank you for your consideration and wish you a very Happy New Year.

—Bud Greene, President, The Enrichment Center, Inc.

Contribution Form

100% of your donations are used to directly assist Lee County older adults.

Yes! I would like to contribute to the Enrichment Center's HELPING FUND so that it may continue helping older adults in Lee County who need assistance in a crisis situation.

Enclosed is \$ _____ Make checks payable to The Enrichment Center, Inc.

_____ I would like to make this contribution in honor of:

_____ I would like to make this contribution in memory of:

Please provide us with a name and address so that we may acknowledge your gift:

_____ I wish to keep this contribution anonymous.

_____ I am interested in learning more about how to make a donation of stocks, bonds or other funds. Please contact me at _____ telephone number.

Your name and address:

Name _____

Address _____

Mail or drop off your contribution:

1615 South Third Street, Sanford, NC 27330 919.776.0501

*Thank you for choosing The Enrichment Center as your way of making a difference in our community!
The Enrichment Center is a 501© (3) charitable organization. Donations are tax deductible.*

Road Trip

Call 776-0501 to register!



Reminder: We have gift certificates available for that special someone! The certificates may be used towards a trip, dinner, fitness classes or programs offered by The Enrichment Center. See the front reception desk to purchase Enrichment Center Gift Certificates!

The Barn Dinner Theatre, Tuesday, February 12, 2008. The cost is \$47 per person and includes transportation, a scrumptious meal and the production "Band of Angels." Payment in full due at the time of registration. Deadline to register is Friday, January 18, 2008. Call 776-0501, ext. 201 or come by The Center to register.

OPEN ENROLLMENT

HURRY-Time is running out! If you want to make changes to your Medicare Prescription Drug plan for calendar year 2008, you have until December 31, 2007! For more information or to schedule an appointment, call Janice Holmes at 776-0501, ext. 206 or Carolyn Blackman at 776-0501 ext. 201.

Making Choices



For a Healthier Future

The Enrichment Center Fitness Room is open: Monday/Wednesday 7:30 am—8:00 pm; Tuesday/Thursday 7:30 am—10:00 pm; Friday 7:30 am—5:00 pm. The cost is \$1.00 per daily visit. Call and register today for a FREE orientation, 776-0501, ext. 201.

Low Impact Aerobics—Mondays and Wednesdays, 5:30 pm – 6:30 pm with Instructor **Jeanette Redman**. \$10 per month. Registration and payment are taken at your first day of class. We will gladly prorate your first month if you begin after the first week.

Fitness Yoga—Tuesdays, 5:30 pm with Instructor **Jeanette Redman**. \$15 per month. Bring a yoga mat – dress comfortably. Registration required, call 776-0501, ext. 201.

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

AARP Tax-Aide welcomes volunteers who desire to be trained as counselors and work with the local AARP/TCE Tax-Aide Program during the 2007 Tax Preparation Season. Call **Mary Upchurch**, 776-2868 for details.

Congratulations!

The Lee County recipients for the NC Award for Outstanding Volunteer Service are:

Heather Jackson, Grace Aiken, Robert McCarthy, Bill Towson, and Mary Louise Matthews.

You are invited to a special continental breakfast in honor of the recipients on

Tuesday, December 4, 2007, 9:00 am.

Call 776-0501, ext. 201 to register.

Local Athletes Win at Senior Games State Finals!

The 23rd Annual North Carolina Senior Games State Finals were held the last week of September and Senior Games and Silver Arts of Lee County were represented well. Several local seniors participated in State Finals, bringing back 24 medals and lots of great memories. Congratulations to the following participants on their medal winning performances: **Jim Annis**-Silver Medal in Performing Arts – Dance; **Al Cockrell**-Gold Medal in Swimming – 50 yard Freestyle, Gold Medal in Swimming – 50 yard Backstroke, Gold Medal in Table Tennis Singles; **Bob Garrett**-Gold Medal in Football Throw; **Hank Hickman**-Silver Medal in Discus Throw, Gold Medal in Football Throw, Bronze Medal in Spin Casting, Silver Medal in Standing Long Jump, **Gary Moore**-Bronze Medal in Tennis Mixed Doubles; **Linda Moore**-Bronze Medal in Tennis Mixed Doubles; **Fritz Oertel**-Gold Medal in Swimming – 50 yard Freestyle, Gold Medal in Swimming – 100 yd Individual Medley, Silver Medal in Swimming – 50 yard Breaststroke, Gold Medal in Swimming – 100 yard Freestyle; **Sylvia Thomas**-Gold Medal in Swimming – 500 yard Freestyle, Gold Medal in Swimming – 200 yard Freestyle, Gold Medal in Swimming – 200 yd Individual Medley; **Margie Thompson**-Gold Medal in Billiards; **Jimmy Tucker**-Bronze Medal in Table Tennis Doubles; **Jim Turner**-Bronze Medal in Table Tennis Doubles; **Jewel Womack**-Bronze Medal in Bowling Singles, Bronze Medal in Horseshoes, Silver Medal in Shuffleboard.

Look for more state final results in the January 2008 CENTER POST!

corner

caregiver



Support Caregivers

All Year... Once again it is that time of year when we all think about giving presents to our family and friends. As family caregivers, we all know what giving is all about, don't we! And while we often can not give presents in the usual sense of the word to our loved ones, we can---and do---give of ourselves each and every day. Our giving is a year-round event, day in and day out. And that is what care giving is all about; giving of ourselves for the benefit of our loved ones. This is really the ultimate gift---giving of ourselves! And isn't that what love is all about?

As a family caregiver, I am sure that you have found yourself praying more and more for divine guidance and assistance as you learn the lessons of care giving. Let us thank God for granting us the graces and blessings that we need to continue providing for our loved ones.

I want to wish all family caregivers and their loved ones a blessed and Merry Christmas! Here's hoping that all Family Caregivers will be receiving the "gift that keeps on giving" this Christmas and throughout the New Year as well.

—**Judi**

Gifts for Family Caregivers

You may not be a caregiver but know someone who is. Have you ever thought about the type of gifts that the caregiver would most appreciate? Anyone who cares for a loved one with a serious illness or disability can use help, pampering and a break---especially during the holidays!

Caregivers will appreciate your offering some of the following gifts: spend time as a sitter for the caregiver; stop by and visit with the caregiver and their loved one occasionally; assist with household jobs such as cleaning, cooking and yard work; provide occasional meals so that the caregiver does not have to prepare them; do the shopping for the caregiver; run various errands that the caregiver may not have time to do; take care of the loved one while the caregiver goes to church services; call the caregiver often---many times, the caregiver becomes isolated from family and friends; give a gift certificate for pampering services such as a massage, hair styling or spa visit; decorate the house or yard since the caregiver usually does not have time to do so.



Grancare Christmas Dinner & Party Thursday, December 6 5:30 pm

You are invited to come and enjoy a delicious Meal, fellowship, storytelling and special guests!

Grancare is a support group for grandparents raising their grandchildren.

Please call 776-0501, ext. 201 to register.

Cancer Support Group, Tuesday, December 4, 7 pm with special guest speaker **Hal Siler**. **Facilitator Lori Baker** invites you to attend this group which has a commitment to provide information and support to anyone who has been touched by cancer.

Alzheimer's Support Group, Tuesday, December 11, 1 pm---3 pm. We encourage you to bring your loved one to the Caregiver Time Out program while you attend this meeting. Call Judi if you have any questions, 776-0501, ext. 230.

Arthritis Support Group, Thursday, December 13, 11 am with special guest **Dr. Butler, Community Family Medicine**. Facilitator **Peggy Rowles** invites you to this educational and mutual support group that focuses on helping people with any form of arthritis lead a healthier life.

Caregiver's Time Out! *This program is made possible by the Family Caregiver Support Program Grant.* We invite you to bring your loved one to the Enrichment Center **Tuesdays 1 pm---3 pm** for Christmas preparations and a little time just for you. Our **Caregiver's Time Out** program is designed for adults with dementia and memory loss. Call today, 776-0501, ext. 230.

Powerful Tools for Caregivers Class, Tuesdays, Jan. 8, 15, 22 and 29, 3 pm---5 pm. No charge for Lee County family caregivers; contributions accepted. Caregiving today includes learning the skills necessary to provide care, accepting the fact that you can't do it alone, and being aware of the need to take care of yourself while you are a caregiver. In these classes you will learn to reduce stress, communicate your feelings, balance your life, and much more. Certificates will be given upon completion of all classes. Call 776-0501, ext. 230 to register.



The Enrichment Center
 1615 S. Third Street
 Sanford, North Carolina 27330
 919-776-0501
 email: enrichment.center@leecountync.gov
www.leecountync.gov

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 27330
 Permit No. 198

SAVE THE DATE!
Valentine's Dinner
Tuesday, February 12, 2008
6:00 pm

The Enrichment Center will be CLOSED:
December 24, 25 & 26, 2007 in observance of Christmas.
Happy Holidays!



The Enrichment Center Angel Tree

*A gift from the heart
 has the largest bow of them all...*

The holidays are filled with joy, hope and love. As you prepare for the season, please consider adopting an Angel from our tree. The staff at the Enrichment Center carefully screen the **Angels** for eligibility and need. Our Angels have received one or more services from the Enrichment Center within the past year and are typically frail in health, experience little or no family support, and may be homebound. The holidays are a whole lot happier for our "**Angels**" because of your joy, hope and love.

Angels are available for adoption beginning Tuesday, November 13, 2007. Bring your gift boxes to the Center December 3 -7. Staff and volunteers will deliver your gifts.

Ornaments of Reflection



The holiday season is a perfect time of year to honor and remember those who have touched your life in a special way.

*We at the Enrichment Center have decided to give our friends and supporters an opportunity to recognize these special people while also making a difference in lives of older adults in our community who are in need. We are selling ornaments to be placed on our tree that is located in our Game Room. The ornaments will have the name of the person being honored written upon them. The ornaments are **\$5.00 each** with all proceeds going to the "Helping Fund". The personalized ornaments will be removed from the tree Dec. 19-21 to allow them to be displayed in your home during the Holiday Season. Thank for your support of this wonderful opportunity to remember, reflect and to help those who are less fortunate this Holiday Season! Stop by to purchase your ornaments today, 1615 S. Third Street, Sanford, NC, (919) 776-0501.*